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MASSAGE THE SCALP
THUS.

PROPER CARE OF MIDSUMMER LOCKS.

How They Must Be Ventilated and
How Treated to Make Them
Light, Glossy and in Proper
Condition to Curl.

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The texture of the hair in midsummer resembles little that of the hair in winter. One is light and springy; the other apt to be damp and clinging. Specially is this true at the seashore, or in the country, where there are mists and the air is heavy. The woman who would be pretty in summer must watch her hair and take care of it.

If she be among the blest, those who have curly hair, even then she must show some attention to it. But if her locks be straight, then indeed is her task doubled.

It is said that, if woman could be given her most desired gift, she would ask for the gift of naturally curly hair.

There is a theory that the hair which curls naturally is shaped differently from straight hair and that each separate hair is three-cornered, instead of being round. Be that as it may, it is an undisputed fact that while the hair of a favored few curls of its own accord, the hair of the multitude stays straight of its own accord. And what is more, cannot be persuaded to stay curled for any length of time.

Curling fluids are good and there are a great many of them. But unless you go back of the curling fluid and treat the hair your work will be for naught.

Cutting the Hair Said to

Take Its Vitality.

A word about cutting the hair, right at the beginning.

The idea that hair must be cut often in order to strengthen it is about exploded. Men have their hair cut constantly and none grow bald as quickly as they. Women who seldom have their hair cut do not suffer from this affliction, and the bald-headed woman is a rare sight.

The up-to-date theory is that it is injurious to cut the hair. These latter theorists declare that cutting the hair takes its vitality. They say that the life escapes from the mutilated ends of the hair and that the root exerts itself to make up for the shorn end, in fact, to regrow. This constant strain upon the root causes it to become weak and the hair to die.

This would account for the fact that men grow bald. The cutting, the brushing, the shampoo and the constant irritation of the scalp, all tend to kill the roots of the hair and cause baldness.

The wearing of the hat, to which is laid so much blame, is not now thought injurious. The hat merely warms the head and the hair grows better in warmth than in cold. A woman's head is continually heated, for she wears a great coil upon it and, often, a pompadour, and even a chignon. Yet she is not bald.

Is it not more reasonable to lay the blame

to the continual hair-cutting than to the hat?

The woman who wants to look well in midsummer must take the best of care of the hair. She must have it washed and dried and she must have it ventilated.

One of the disagreeable features of sea bathing is the difficulty in drying the hair afterwards, and its tendency to smell musty. If it is not dried, unless the hair is washed in sweet water and dried carefully it cannot be lustrous, positively not.

Rinse With Hot Water and
Shake Out Thoroughly.

A certain hairdresser said: "Let me dry your hair and I do not care who washes it."

Her "drying" consisted of a rinsing with hot water and then of a thorough shaking out. With patient hands she lifted and shook the hair until it was well dried—dried through and through—dried so that each hair lay smooth and separate with not a suggestion of clinging.

When the hair is dried it must be ventilated, and this is done by lifting it from the head and shaking it in the air.

Women who wear the hair always one way are those whose heads need ventilating most. The hair then comes always in the same spot, and the coil is always in the same place, and the poor scalp is always irritated by the same treatment, day after day.

For the summer a woman cannot do better than to let her hair rest upon her neck one day, in the low style of hairdressing, and to raise it next day, to make a knot on top of the head.

There are women who cannot change the style of hairdressing without suffering from a headache. The scalp will be very sore, on making the change. This means that the hair is being dressed too tightly, and that the roots are being badly treated. In a short time dandruff will result and then baldness.

Shampooing once-a-week is not too often in summer. Then comes the thorough drying. Then follows the lifting and the ventilating, and finally, but far from the least, comes the waving.

There is a French hair dresser who waves hair in such a manner that it will absolutely stay in. He uses a few drops of oil of rose cut with glycerine and some water. With this he moistens the hair, and, letting it partially dry, waves it tightly. This will really stay in a whole evening or a whole day, which is saying a great deal these times of perspiration and mist.

Singing/Takes Away

Clipped, Broken/Look.

Cutting the hair at the roots has been touched upon as a practice that may possibly injure the hair.

Shaving the head is a still more pernicious practice. It is the custom to shave the head after an illness, but the Berlin physicians, experts, say that it puts too great a drain upon the already weakened roots and that it is one cause of poor hair, after a fever.

Singing the hair, on the other hand, is open to no such objection. The hair is taken up in little strands and rolled. A lighted candle is then rapidly passed along under the strands and the loose ends are singed. This takes away that clipped, broken look and is said to invigorate the hair.

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THIS IS THE WAY TO SINGE THE HAIR.